LET'S SPILL THE TEA

Have you ever wondered what herbal teas are best to help alleviate headaches, stress, and anxiety? Join us as we discuss and sample herbal teas that are good for our overall well-being with medical professionals.

Dates, Times, and Locations

January 9, 2024, 1:00pm - 2:00pm Village at Lakeview 833 Fisherman Lane Edgewood MD. 21040

January 10, 2023, 3:00 - 4:00pm Somerset Manor Apartments 101 Stansbury Court Havre De Grace MD. 21078

January 12, 2024, 11:00 am - 12:00pm Windsor Valley Apartments 570 Meadowood Drive Edgewood MD. 21040





This event is FREE and open to all ages! Please scan the QR code to register.









